

1 What is claimed is:

- 2 1. An exercise assembly structured to exercise a leg-ankle-
3 foot portion of a user's body, said exercise assembly
4 comprising:
5 a) a platform dimensioned and configured to support a
6 foot of the user thereon,
7 b) a base interconnected in supporting relation to said
8 platform,
9 c) a support assembly movably interconnected to said
10 platform in supporting relation to said base,
11 d) said platform manually driven by force exerted thereon
12 by the user, and
13 e) said platform and support assembly cooperatively
14 structured to direct the platform through a plurality
15 of paths of movement each having a predetermined range
16 of motion.
17 2. An assembly as recited in claim 1 wherein said support
18 assembly comprises a substantially semi-circular
19 configuration having opposite free ends connected to said
20 platform.
21 3. An assembly as recited in claim 2 wherein said semi-
22 circular configuration of said support member defines a
23 diameter substantially extending transversely through an
24 axis of rotation of the user's ankle joint.
25 4. An assembly as recited in claim 1 wherein said plurality of

- 1 paths of movement comprise a plurality of axes of rotation
2 corresponding at least to the natural axis of rotation of
3 the ankle, lower leg and knee.
- 4 5. An assembly as recited in claim 1 further comprising a
5 sensor assembly including a plurality of sensors each
6 disposed structured to determine a path of movement of said
7 platform relative to a predetermined axis of rotation.
- 8 6. An assembly as recited in claim 5 further comprising a
9 processor responsive to data determined by said plurality
10 of sensors, said processor structured to store said data
11 and connected to a display facility.
- 12 7. An assembly as recited in claim 6 wherein said display
13 facility and processor are operative to visually inform the
14 user of said plurality of paths of movement on a real time
15 basis.
- 16 8. An assembly as recited in claim 7 wherein a range of motion
17 of said platform relative to each of said plurality of
18 paths of travel may be determined and extended beyond a
19 normal range of motion for a predetermined part of the
20 user's body.
- 21 9. An assembly as recited in claim 8 wherein said platform may
22 be directed through a plurality of paths of movement
23 determined by said stored data, each of said plurality of
24 paths of movement comprising a different configuration
25 determinative of which predetermined portion of the user's

1 body is to be exercised.

2 10. An assembly as recited in claim 1 further comprising at
3 least one weight assembly interconnected to said platform
4 and disposed laterally outward therefrom.

5 11. An assembly as recited in claim 10 wherein said weight
6 assembly includes an elongated arm extending laterally
7 outward from said platform and at least one weight member
8 secured to said arm substantially adjacent an outer end
9 thereof.

10 12. An exercise assembly structured to exercise predetermined
11 portions of a user's body including a leg, ankle, and foot,
12 said exercise assembly comprising:

13 13. a) a platform removably attached in supporting engagement
14 with a foot of the user,

15 14. b) a base movably interconnected in supporting relation
16 to said platform,

17 15. c) a support assembly connected to said base and disposed
18 to support said platform in a substantially outwardly
19 suspended relation to said base,

20 d) a drive assembly connected to said base and
21 interconnected in driving relation to said platform,
22 and

23 e) said drive assembly, platform and said support
24 assembly interconnected and cooperatively structured
25 to regulate movement of said platform through a

plurality of paths of movement each having a variable range of motion.

13. An assembly as recited in claim 12 wherein each of said plurality of paths of movement comprises a different configuration determinative of which predetermined portion of the user's body is exercised.
 14. An assembly as recited in claim 12 wherein said drive assembly comprises a plurality of drive motors each interconnected in driving relation to said platform.
 15. An assembly as recited in claim 14 wherein each of said drive motors is disposed and structured to move said platform relative to a different predetermined axis of rotation.
 16. An assembly as recited in claim 15 wherein said plurality of drive motors are collectively and cooperatively structured and disposed to move said platform through a substantially universal range of motion.
 17. An assembly as recited in claim 14 wherein said plurality of drive motors are concurrently operative and cooperatively structured to direct said platform through a substantially universal range of motion.
 18. An assembly as recited in claim 12 further comprising a sensor assembly including at least one sensor disposed and structured to determine at least the path of movement of said platform, said sensor assembly further including a

1 processor responsive to data received from said sensor and
2 including storage capabilities for storage and retrieval of
3 the data received from said sensor.

4 19. An assembly as recited in claim 18 further comprising a
5 display facility connected to said processor and structured
6 to visually display representations of the paths of
7 movement of said platform on a real time basis.

8 20. An assembly as recited in claim 19 wherein said sensor
9 assembly comprises a plurality of sensors each disposed and
10 structured to determine a path of movement of said platform
11 relative to a different, predetermined axis of rotation,
12 each of said sensors connected to said processor, said
13 processor responsive to store and retrieve data received
14 from said plurality of sensors.

15 21. An exercise assembly structured to exercise predetermined
16 portions of a user's body including the leg, ankle, knee
17 and foot, said exercise assembly comprising:

- 18 a) a platform removably attached in supporting engagement
19 with a foot of the user,
20 b) a base movably interconnected in supporting relation
21 to said platform,
22 c) a support assembly interconnected to said base and
23 disposed to support said platform in a substantially
24 outwardly suspended relation to said base, and
25 d) a sensor assembly operatively interconnected to said

- platform and structured to determine the paths of movement and the range of motion of said platform.
22. An assembly as recited in claim 21 further comprising a display facility connected to said processor and structured to visually display representations of the paths of movement of said platform on a real time basis.
23. An assembly as recited in claim 22 wherein said sensor assembly comprises a plurality of sensors each disposed and structured to determine a path of movement of said platform relative to a different predetermined axis of rotation, each of said sensors connected to said processor, said processor responsive to store and retrieve data received from said plurality of sensors.